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by ewfood

Cheese Souffle



Ingredients

2oz. butter

1oz. flour

8fl oz. milk

2oz. grated cheese

1 egg, separated

Salt and pepper to taste

Cooking Time

40

min

Preparation

- 1 Pre heat the oven to 200°C
- 2 In a saucepan melt the butter, remove from the stove and slowly add the flour. Stir it in well. Return to the stove for a couple of minutes until incorporated. Stir continuously
- 3 Remove the saucepan from the stove and slowly add in the milk stirring well. Return to the stove and bring the mixture to boil stirring continuously until it thickens
- 4 Cool slightly and add the cheese, egg yolk and seasoning. Mix it in well
- 5 Beat the egg white until stiff and gently fold it into the mixture
- 6 Pour into a greased pie dish or a soufflé dish
- 7 Bake for 30 minutes and serve immediately.

Cooks Note

Preparation time: 5 minutes; Cooking time: 40 minutes
